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DEM ACCESS news

"Integrating People of All Abilities into State Parks"

Winter 2003

Universal Access Program Office
DEM Region/Headquarters
PO Box 484
Amherst, MA 01004
413-545-5353
413-577-2089 TTY

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Universal Access Program Invited to National Forum

Universal Access Program staff *Cyndy Chamberland, Angie Cullinan,* and *Marcy Marchello* attended the National Recreation and Parks Association Congress in Tampa, Florida in October. Cyndy, and Anne Rothschadl, Associate Professor at Springfield College, presented "New Recreation Experiences for Persons with Disabilities." Marcy and Angie presented "Accessible Adventures in State Forests and Parks." Congratulations for a job well done and for representing DEM on a national level! A special thanks to ***Don Snyder, Ann Rothschadl*** and ***Akiko Sato*** of Springfield College for their support of DEM and their work with the Shared Ventures Outdoors grant!

Marcy Marchello, Akiko Sato, Don Snyder, and Angie Cullinan at NRPA Congress.
Photo courtesy of Marcy Marchello.

Second Annual Climb of Mt. Greylock Successful

On October 5th and 6th the Universal Access Program, in conjunction with *Venture Into Well Being*, hosted a group hike on Mt. Greylock, Massachusetts' highest peak. Over the two days, the 25 people hiked 3 of the 37 trails located on the mountain, covering a collective total of approximately 4 miles. Saturday, participants explored the Bradley Farm Trail at Greylock Glen and the Appalachian Trail to the summit. The day's adventures were discussed over dinner followed by a fireside chat at Bascom Lodge, located on the summit of Mt. Greylock. Many participants took advantage of the overnight accommodations and awoke to a beautiful sunrise. After breakfast, the group enjoyed spectacular, panoramic views of the fall foliage on the Round Rocks Trail. A wonderful time was had by all!

(See page 6 for photo of hikers)

Message from Tom McCarthy, Director of UAP

The Universal Access Program enjoyed a very active and successful summer season of accessible recreation programs in our parks this year. The launching of the **State Parks for Everyone** project, funded in part by the U.S. Department of Education, allowed us to increase our efforts to bring inclusive outdoor recreation to many of our parks in eastern Massachusetts. The Universal Access Program staff continues to be committed to and successful in expanding the range and number of recreation opportunities available to all.

UAP Director Tom McCarthy.
Photo courtesy of William Elwell.

Given the less than ideal revenue levels experienced by the Commonwealth this past year, the Universal Access Program has taken a proactive approach to finding alternative strategies for continuing accessible programs and activities at Department of Environmental Management properties. Over the past six months the Universal Access Program has been actively seeking new funding sources and partnerships to increase accessible programming.

Thanks to the efforts of Sharon Hoey, Director of the Department of Environmental Management's Conservation Trust, the Universal Access Program can now accept monetary donations to support our recreation programs. The Universal Access Program was also successful in partnering with All Out Adventures, Inc to receive a two-year, $120,000 grant from the Massachusetts Developmental Disabilities Council to run accessible recreation programs in our state parks. The project, **Pathways to Participation**, will be offering regularly scheduled programs in our parks during the duration of the grant.

In addition, the Universal Access Program recently completed a major grant proposal to the National Institute on Disability and Rehabilitation Research to refine accessible recreation techniques and technologies as part of our ongoing recreation programming. If accepted, the Universal Access Program will have the opportunity and support to continue our programs while developing a replicable model for providing water based recreation programs.

As we continue to look for new possibilities to fund and expand our programs we ask you to stay on the lookout and keep us informed about new grants or other opportunities you may be aware of that fit our mission. Thanks for your support.

To Make a Donation to UAP

- Make a check out to DEM Conservation Trust and earmark your donation for Universal Access Program on the memo line - send to us at P.O. Box 484, Amherst, MA 01004
- Make cash or check donations at any Universal Access Program at the registration table.

State Parks for Everyone Program

State Parks for Everyone, a program funded in part by the U.S. Department of Education, finished its first year of operation, and what a success! The purpose of SPE is to expand the outdoor recreation opportunities in eastern Massachusetts forests and parks for people with disabilities in a fun, safe, inclusive and accessible environment. This project was the natural continuation of Shared Ventures Outdoors (SVO), a 3-year federal grant project also funded by the U.S. D.O.E. that developed model outdoor recreation

programs in state parks. Thanks to the unusual stretch of sunny days with no rain, most of the activities scheduled for the months of July and August ran as planned. The summer was busy with canoeing, kayaking, rowing, hiking, camping and cycling. These activities, added to the skating and skiing programs from last winter, allowed State Parks for Everyone to reach many new participants and visitors who would otherwise not be able to enjoy the beautiful natural areas within the Department of Environmental Management's properties.

Pathways to Participation: New Opportunities for People with Developmental Disabilities

All Out Adventures invites people with developmental disabilities to participate in an exciting new project, **Pathways to Participation**: A Community Inclusion Initiative. Pathways will help youth and adults access integrated outdoor recreation activities including skating, snowshoeing, cross-country skiing, hiking, biking, and paddling in western Massachusetts. Building from their recreation experience, participants can explore further opportunities such as outreach assistance, peer mentorship, and project advisory roles as programs continue over the next two years.

Pathways programs are offered at no cost to the participant thanks to generous funding from the Massachusetts Developmental Disabilities Council and to the equipment support from the Universal Access Program.

Pathways offers programs quarterly, starting in 2003 with a winter program at Wendell State Forest, Saturday January 11th, from 11am - 3pm alongside the scheduled Universal Access Program. To find out more about this exciting new program and register for January 11, call All Out Adventures at 413-527-8980.

Calendar:

Indoor Ice Skating:

Join us for accessible ice skating programs! Instruction and support provided as needed. Minimal fees for both rink admission and equipment: usually less than $7 per person, no more than $15 per family. Fees vary at different rinks. Sled use is free during programs.

Program Times

Date	Location	Day	Time
Jan. 4	Brockton	Saturday	2-4
Jan. 11	Greenfield	Saturday	4-5
Jan. 18	Brockton	Saturday	2-4
Jan. 19	New Bedford	Sunday	4-6
Jan. 25	Holyoke	Saturday	3-5
Feb. 1	Brockton	Saturday	2-4
Feb. 15	Brockton	Saturday	2-4
Feb. 15	Greenfield	Saturday	4-5
Feb. 16	New Bedford	Sunday	4-6
Mar. 1	Holyoke	Saturday	3-5
Mar. 1	Brockton	Saturday	2-4

Participants enjoy sled skating at the Brockton Rink.
Photo courtesy of Rob McBride.

Program Locations:

* **Brockton**: *John G. Asiaf Memorial Skating Rink, 508-583-6804 (6 sleds)*
  Holyoke: *Henry J. Fitzpatrick Skating Rink, 413-532-2929 (2 sleds)*

(continued on page 4)

Greenfield: *Collins-Moylan Memorial Skating Rink, 413-772-6891 (2 sleds)*
*__New Bedford__: *Stephen Hetland Memorial Skating Rink, 508-999-9051 (2 sleds)*

Skate on your own during public skating hours at any of the sites above! Number of sleds available at each rink indicated in parenthesis. More sleds are brought in for programs.

Skate on your own at these additional sites! *(Rink entrance and rental fees may apply.)*
Springfield: *Ray Smead Memorial Skating Rink, 413-632-4310 (2 sleds)*
North Adams: *Vietnam Veterans Memorial Skating Rink, 413-662-5112 (5 sleds)*
***Newburyport:** *Henry J. Graf, Jr. Skating Rink, 978-462-8112 (1 sled)*

Outdoor Recreation Programs:

Join us for winter recreational activities. Instruction, equipment, and assistance are provided for except as indicated.

Preregistration for programs is highly recommended. Please call:

- 617-626-1294 for Eastern Mass.
- 413-545-5758 for Western Mass.

Wendell State Forest
Montague Rd., Wendell

Every Saturday from 11am – 3pm
January 4 – March 1

Winter recreation to include cross-country skiing, snowshoeing, kicksledding, ice skating, sled hockey, and snowmobiling rides as weather and conditions permit. Hiking, nature walks, and other activities will take place in the event of no snow or ice. Call 413-545-5758 for a recorded message to confirm program status in the event of inclement weather.

Accessible warming area at Wendell State Forest.
Photo courtesy of Marcy Marchello.

***Great Brook Farm State Park**
Lowell Rd., Carlisle

Every Sunday from 11am-3pm
January 12-February 9

Cross-country skiing, snowshoeing, and kicksledding as weather and conditions permit. Hiking, nature walks, and barn tours will take place in the event of no snow. Call 617-626-1294 for a recorded message to confirm the program status in the event of inclement weather.

Conventional cross-country skis and a limited number of snowshoes are also available for rental at Great Brook Ski Touring Center (978-369-7486).
Pay trail fee to ski on groomed trails or ski for free on ungroomed trails.

MASSACHUSETTS DEPARTMENT OF ENVIRONMENTAL MANAGEMENT

Universal Access Program Participant Registration and Release Form

This waiver covers all Universal Access Program activities and events in Massachusetts State Forests and Parks in the following time frame:

January 1 to December 31, 2003

One adult per registration form. Children may be registered along with an adult family member on the same form with adequate description. You must be a parent or legal guardian to register children under 18 years old.

Name(s):_____ Date:_____

Street Address:_____ Phone:_____

City, State, Zip:_____ Email:_____

*Emergency Contact Person:*_____

*Day Phone:*_____ *Evening Phone:*_____

*Primary Physician:*_____ *Phone:*_____

What conditions may affect your ability to participate in recreation activities that we should know about in order to provide appropriate assistance, equipment, and safety?

Please describe:_____

_____

_____

_____

Please read and sign below:

I, _____, as a participant(s) in the Universal Access Program, hereby release the Commonwealth of Massachusetts, the Massachusetts Department of Environmental Management, their employees and agents from all claim, loss, damage, expenses and/or injuries which may result from my participation in Department programs and projects.

I do further agree to hold harmless the Commonwealth of Massachusetts, the Massachusetts Department of Environmental Management and their employees and agents from liability for any damage or injuries resulting from my participation in department programs and projects.

_____
Signature

_____
Date

_____
Parent/Legal Guardian Signature (<18)

_____
Date

Please return to Universal Access Program, MASS DEM, PO Box 484, Amherst, MA 01004

ADAPTIVE WINTER RECREATION PROGRAMS: Winter 2002-3

Referral List:

Downhill Skiing in Massachusetts:
Wachusett Mountain Accessible Ski Program
Kathy Chandler
206 Chace Hill Road
Sterling, MA 01564
978-365-7149
Challenge Ski Program
978-464-2300

Downhill Skiing in Vermont:
Vermont Adapted Ski and Sports
www.vermontadaptive.org
At Pico at Killington.
POB 139
Killington, VT 05751
802-786-4991
vass@sover.net
At Sugarbush.
POB 1393
Waitsfield, VT 05673
802-583-4283
vass2sb@madriver.com

Snowshoeing in Massachusetts:
Outdoor Explorations
www.outdoorexplorations.org
98 Winchester St
Medford, MA 02155
781-395-4992 Voice
781-395-4184 TTY

Sled Hockey.
Western Massachusetts
Deerfield Academy
Contact Melanie 609-620-4514

Eastern Massachusetts
Boston Blades
Contact. Dale Wise
20 Oakland Ave
Needham, MA 02492-3150
781-444-1019
ctwise@mediaone.net

New Hampshire Sled Hockey Scuba
Northeast Passage, Dover Ice Arena
www.nepassage.org
4 Library Way
Hewitt Hall, UNH
Durham, NH 03824
603-862-0070
northeastpassage@unh.edu

Downhill Skiing in Maine:
Maine Handicapped Skiing at Sunday River
8 Sundance Lane
Newry, Maine 04261
800-639-7770
www.skimhs.org

Downhill Ski Trips/ Rental Equipment:
Adaptive Sports and Rec
130 Maple Street, Suite 140
Springfield, MA 01103
413-788-9695 Voice and TTY

Dogsledding in Minnesota:
Wilderness Inquiry
www.wildernessinquiry.org
808-14th Avenue SE
Minneapolis, MN 55414-1516
800-728-0719
612-676-9400 Voice or TTY

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Borderland State Park
Massapoag Ave., North Easton

Sunday, January 12 and
Sunday, February 23: 11am – 3pm

Snowshoeing if conditions permit, plus hiking and nature walks, indoor activities. Call 617-626-1294 for a recorded message to confirm the program status in the event of inclement weather.

Special events at Borderland

January 12, 1 pm
Reptile and Amphibian live demo and petting zoo for all ages
February 23, 2pm

"Bart the Raccoon" Puppet Show with American Sign Language, for kids age 3-8

Mt. Tom State Reservation
Reservation Rd., Holyoke

Sunday, February 2 and
Sunday, February 16: 11am-3pm

Ice skating, sled hockey, snowshoeing, and kicksledding as weather and conditions permit. Hiking, nature walks, and other activities will take place in the event of no snow or ice. Call 413-545-5758 for a recorded message confirming program status in the event of inclement weather.

DAR State Forest
Rte. 112, Goshen

Sunday, January 5 and
Sunday, March 2: 11am-3pm

Cross-country skiing, snowshoeing, kicksledding, ice skating and sled hockey as weather and conditions permit. Hiking and nature walks will take place in the event of no snow or ice. Call 413-545-5758 for a recorded message confirming program status in the event of inclement weather.

Gary Doucett and kids enjoy the open ice at DAR State Forest.
Photo courtesy of Marcy Marchello.

Pittsfield State Forest
Cascade Street, Pittsfield

Sunday, January 19, 11-3pm

Cross-country skiing, snowshoeing, kicksledding, and snowmobile rides as weather and conditions permit. Hiking and nature walks may take place in the event of no snow. Call 413-545-5758 for a recorded message confirming program status in the event of inclement weather.

DEM's **State Parks for Everyone Grant Project is a U.S. Department of Education grant in its first of three years, in collaboration with the Massachusetts Rehabilitation Commission, Massachusetts Commission for the Blind, and Massachusetts Commission for the Deaf and Hard of Hearing, to provide accessible recreation opportunities in eastern Massachusetts.*

Upcoming Spring Event:

Annual Spring Cycling Event

Mark your calendar! The 6th annual Accessible Cycling Fair on the Norwottuck Rail Trail will take place Sunday, May 4th, at Valley Bikes Trailside in Hadley from 11am - 4pm, rain or shine! Come check out a wide variety of accessible bicycles and other wheeled devices.

Volunteer Jeff Sendek assists Joy Gosselin on a handcycle at last year's Accessible Cycling Fair on the Norwottuck Rail Trail.

Photo courtesy of Maribeth Dawkins

Waivers are required to participate in recreational programs. Please complete the enclosed form and return to:

Universal Access Program Office
DEM Region IV Headquarters
PO Box 484
Amherst, MA 01004

Individuals: Please fill out and return a 2003 waiver.

Families: Please include all family member names on 2003 waiver.

Groups: Please contact us for a group waiver.

T h a n k s !

From page 1: Mt. Greylock summit hikers at Bascom Lodge. Left to right: Connie Danek, Kris Gaylord, hike leader Brenda Kennedy (rear), volunteer Mickie Matula, Doug Wright, and volunteer Andrea Koziel.

Photo courtesy of Denise Carpenter.

The Universal Access Program is part of the Massachusetts Department of Environmental Management
www.mass.gov/massparks

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ASS. EA 10.7: 2003/ SUMMER-FALL

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Kayaking at Hopkinton State Park Photo by Marcy Marchello

Rowing on the Merrimack River Photo by Marcy Marchello

Summer 2003 Adaptive Recreation Schedule

Weekly Programs: Adaptive equipment, instruction, and assistance provided. No programs on July 4. No fees, but **please pre-register by calling 413-545-5758**.

- **Canoeing and Kayaking** at Walden Pond, Concord, Mondays: June 30, July 7, 14, 21, and 28
- **Canoeing** at Wells State Park, Sturbridge, Tuesdays: July 1 – August 26
- **Rowing** at Lowell Heritage State Park, Lowell, Tuesdays: July 1 - August 26
- **Kayaking** at Hopkinton State Park, Hopkinton, Wednesdays: July 2 – August 27
- **Rowing** at Elwell State Recreation Area, Northampton, Thursdays: July 3 – August 28
- **Kayaking** at DAR State Forest, Goshen, Fridays: June 27 – August 29
- **Cycling** at Norwottuck Rail Trail, Hadley, Fridays: May 30 – September 26

Paddling programs provided by All Out Adventures; Rowing programs provided by *Holyoke Rows*; Cycling program provided by Department of Environmental Management staff and *Adaptive Sports and Recreation*

Hiking at Dunn State Park Photo by Akiko (Sato) Doi

Transportation for Kayaking Programs at the DAR

If you lack transportation to get out of town to a state park, here's a great opportunity. On the following dates, transportation will be available from a central location on a public transportation route in Western Massachusetts to the DAR State Forest. Depart at 10am and return by 2pm. For further information and to register, please call All Out Adventures at 413-527-8980.

July 18 – Holyoke
August 8 – Greenfield
August 29 – Amherst

One-Day Cycling Program at Wompatuck State Park

Join *Outdoor Explorations* for a day of adaptive cycling near Boston Sunday, May 18, from 9am – 3pm. This program will provide a basic introduction to safe bicycle riding and opportunities to explore the park with a morning and afternoon ride. For further information and to pre-register, call OE at 781-395-4999.

Hampton Ponds Fishing. Photo: Cyndy Chamberland

Sign up for Fishing!

After a long winter it's time to get out there and do some fishing! Assistance and limited equipment including adaptive fishing equipment will be provided. You may also bring your own. A fishing license is not required. The Universal Access Program is offering the following accessible fishing programs from 10am – 12 noon. Additional sites and days may be offered. Space is limited so sign up now to reserve a space for you, your family or group. Call Cyndy Chamberland at 413-577-1024 or email her at cynthia.chamberland@state.ma.us

Fishing Programs:

May 17	*Cochituate State Park, Rte.30, Wayland
May 31	Dunn Pond, Rte. 101, Gardner
June 28	Hampton Ponds, Rte. 202, Westfield
July 13	Ashuwillticook Rail Trail, Farnum's Crossing, Cheshire
July 19	Dunn Pond, Rte. 101, Gardner
August 9	Dean Pond, Dean Pond Road, Brimfield

***MassWildlife's Angler Education Program is hosting a family fishing festival for the public at Cochituate State Park. The site is accessible and fishing equipment will be provided. No fishing license required.**

Accessible Hiking Program:

Join Venture Into Well-Being on the trail in state parks throughout Massachusetts! Assistive equipment and teamwork help people of all abilities access conventional hiking trails at a leisurely pace. Adaptive equipment includes Terra Trek manual wheelchairs, baby joggers, walkers, crutches, and gait belts.

Hiking Dates	Day	Location
May 4	Sunday	Norwottuck Rail Trail, Hadley
May 12 and 18	Mon/ Sunday	Walden Pond State Reservation, Concord
June 7	Saturday	Mt. Tom State Reservation, Holyoke
June 19	Thursday	Borderland State Park, Sharon
July 13	Sunday	Ashuwillticook Rail Trail, Cheshire
July 24	Thursday	Dunn State Park, Gardner
August 7 and 21	Thursday	Wells State Park, Sturbridge
September 7 and 21	Sunday	Wendell State Forest, Wendell
October 12 and 26	Sunday	DAR State Forest, Goshen

(Brockton Rink photo courtesy of Richard Leonard)

Best Ever Winter Season!

Tons of snow, great staff, and enthusiastic participation this winter made for a fantastic Universal Access winter recreation season. Over 450 people attended 30 programs at various locations: Wendell State Forest, Great Brook Farm State Park, Mt. Tom State Reservation, Pittsfield State Forest, Borderland State Park, DAR State Forest, and several state skating rinks.

Clockwise, from top left: Kicksledding at Wendell State Forest; Ice Skating at the Brockton Rink; Sitskiing at Great Brook Farm; Snowmobiling at Wendell State Forest; Snowshoeing at Mount Tom

Winter photo gallery: cool memories for hot summer weather!

Photos by Marcy Marchello

Hikers at the summit of Mt. Greylock
Photo by Ellis Rud

Mt. Greylock Summit Hike, N. Adams: September 27-28. Join *Venture Into Well-Being* for weekend hiking on Mt. Greylock, Massachusetts' highest peak. Options for hikes of different lengths at various locations on the mountain and to the summit are available both days. Participants may join together for dinner Saturday night, stay overnight at Bascom Lodge, and have breakfast the next morning on the summit. Enjoy early fall, spectacular views, and group camaraderie and accomplishment. Come for one or both days! Participants pay for accommodations and meals.

Kevin Hollister cycles in the Berkshires. Photo by Akiko (Sato) Doi

Ashuwilliticook Accessible Rail Trail and Paddling Event: Join *All Out Adventures* for an ultimate fun day in which you can cycle and paddle from the same great scenic location in Cheshire. This day will also include accessible hiking equipment demos by *Venture Into Well-Being*. Sunday, July 13 from 10am – 4pm at Farnum's Crossing.

Intro to Camping: June 28-29. Join *All Out Adventures* for a camping overnight in the forest outside of Boston! Learn the basics of camping: how to set up tents, cook meals on a camp stove, sleep comfortably, and enjoy camaraderie around the campfire! Harold Parker State Forest, N. Andover.

Nickerson Encampment:

Doucet family breakfasts on their yurt deck. Photo: Marcy Marchello

Join *All Out Adventures* for 3 nights in mid-August on the Cape in the beautifully forested Nickerson State Park, in Brewster. You provide as much of your own camping equipment as you can, help make at least one group dinner, and bring your own breakfasts, lunches, snacks, and drinks – *All Out Adventures* will provide canoeing and kayaking, food for at least one group dinner, and assist with camping as needed. Limited tent and yurt sites available – sites paid for by participants. Call All Out Adventures to register: 413-527-8980.

Nickerson Camping Dates:

August 10-13 – Intro to Camping: Individuals & Families

August 15-18 – Beginning & Experienced Campers: Groups

August 20-23 – Experienced Campers: Individuals & Families

Paddling on the Connecticut River: Join *All Out Adventures* for an evening paddling experience on the Connecticut River. Launching from Elwell State Recreation Area in Northampton, canoe or kayak around Elwell Island and explore the riverside environment. September 10 and 24

For further information and to register, call:
413-545-5758 western Mass.
617-626-1294 eastern Mass.

Shared Ventures Outdoors program: Camping at Mohawk Trail State Forest. Photo: Cyndy Chamberland

Shared Ventures Outdoors Completes Final Year

DEM's Shared Ventures Outdoors grant will end on June 30th. The SVO project enabled the Universal Access Program to increase outdoor recreational opportunities for persons with disabilities, family members, and the general public in state parks in the Connecticut River Pioneer Valley. The project served over 700 new persons who came out to the parks to cycle, row, kayak, canoe, fish, learn photography, hike, camp, snowmobile, snowshoe, cross country ski and take part in nature education programs.

SVO launched some new programs for DEM including fishing, canoeing, photography, hiking, camping, snowmobiling, snow shoeing and cross country skiing. These programs are now being introduced to other state parks throughout Massachusetts. The project also produced a curriculum guide on program activities and protocols that will be distributed to state park systems across the USA and other organizations interested in developing accessible outdoor recreation programs. SVO was made possible by a generous grant from the United States Department of Education Office of Rehabilitative Services Administration.

Photo courtesy of William Elwell

Notes from Tom McCarthy, Director U.A.P.

This coming recreation season will see a series of new accessible fishing programs along the Deerfield River thanks to $45,100.00 in funding provided by CEEMI (Consolidated Edison Energy Massachusetts, Inc.). This funding to "provide accessible angler facilities and programs for people with disabilities" is the result of several years of planning and negotiations as part of the hydroelectric licensing process for the Deerfield River. The Universal Access Program extends it's thanks to Jennifer Howard for her key role in obtaining this funding. In addition to the fishing programs, planning and design work for site improvements to create accessible fishing areas along the river will begin this spring.

The beach at Dunn Pond State Park in Gardner will have a new look this spring/summer as work is completed on an improved access route to the water. The need for this change was based on several years of observing the original swim access structure and determining that it did not meet the needs of most visitors with disabilities. The original design, based on early federal accessibility guidelines for recreation, proved to work better in theory than in reality. The original seat/stepped access system is being replaced with an at grade access route to the water. Our years of experience in designing accessible recreation areas has allowed us to develop a better understanding of what works best for our visitors, our park managers and our staff when it comes to accessible design. These improvements will help meet our mission of making all our facilities, activities and programs accessible to everyone.

As we continue to explore innovative ways to develop accessible recreation opportunities in Massachusetts state parks, the Universal Access Program looks forward to new, exciting and challenging projects for Department of Environmental Management and its partners in the upcoming year.

DEM Access News Summer/Fall 2003

Mass. Dept. of Environmental Management
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New Fishing Program
Details Inside

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- *Notes from the Director*
- *Winter Photo Gallery*

Universal Access Needs Your Support!

If you've been to a Universal Access program, you may have felt – or seen others feeling – the wonder of realizing that you can do more than you thought you could – while having fun in new ways with others in the outdoors. Adaptive recreation offers many rewards for everyone involved – fun, skill-building, a sense of empowerment and adventure, the opportunity to socialize and interact with a wide variety of people, enjoyment of the outdoors, and more.

As always, we count on volunteers to help provide the full level of support necessary to facilitate safe and successful activities. Please consider donating some time and joining in any of our summer programs to help out. We also appreciate donations! In these times of diminishing state money, financial contributions are more than welcome. To volunteer, call 617-626-1294 or 413-545-5758. To make a donation, write a check to DEM Conservation Trust, earmark it for Universal Access Program on the memo line, and send to us at PO Box 484, Amherst, MA 01004.

The Universal Access Program is part of the Massachusetts Department of Environmental Management
www.mass.gov/massparks

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To request this newsletter on cassette tape, assistive listening equipment, or American Sign Language interpretation for state park programs, please call 413-545-5353